



## A MINUTE OF HEALTH WITH CDC

### *Listen to Your Heart*

*Awareness of Heart Attack Warning Signs and Actions Taken — 14 States, 2005*

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*This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.*

Is your heart trying to tell you something? Each year, nearly half a million Americans die from a heart attack. Had they known the warning signs, they might still be alive today. Common symptoms of an impending heart attack include chest pain with discomfort in the arms or shoulders, shortness of breath, and feeling unusually weak or lightheaded. If you experience any or all of these symptoms, contact your doctor or have someone take you to an emergency room. New treatments are available today that can stop a heart attack before it kills, but they're only effective if administered soon after symptoms begin. So listen to your heart. It could save your life.

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO, 24/7.